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About Canada's Black And Caribbean Women

Excellence

HAVIN' BABIES

Don't take it lightly

FASHION

News Report
For Fall '87

PAINLESS DENTIST

Dr. Jean Ferrier

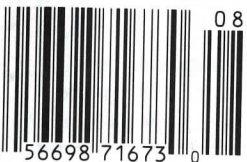
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WELL ROOTED

Dr. Nana Barnor,
Ghanaian - born pediatrician
stresses strong values



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EDITORIAL

FIRST ANNIVERSARY

This month is a very special month for us. That's right, you remembered. September marks the completion of our first full year of publishing *Excellence*.

And what a year it has been, with all of its ups and downs. I would like to think that there were more ups than downs. I would also like to think that we really did make a difference.

The most exciting thing for me was to read about all the very special and excellent people in our community, some of whom I have known for years (or thought I knew until I read their stories). I have always been proud of my people and I have always been confident that there are a lot of very positive things happening among us of which many of us are unaware. I have always felt a deep need to discover these success stories and to share them so that we all could be encouraged to persevere. I am glad to have had the opportunity to do so.

Your response to our effort has indicated to us that you understand what we are trying to do and approve. You have supported our little venture through your subscriptions, your kind words of encouragement and, some of you in business, your advertising. For this we thank you.

Our community has come a long way over the years. We have done extremely well and are still pressing on. That's because we are an ambitious people who have, in the past, scaled tremendous hurdles and obstacles and will continue to do so. We are

no strangers to struggle. We will do what we have to do to get where we want to go. That's all there is to it. We will not be held back by anyone.

Of course there are a lot of us who allow defeat to overcome us for whatever reason. But that is not a peculiar trait of Black and Caribbean people. It pervades every society, every race and nationality. We, however, tend to concentrate too much on our own failings rather than on our successes. We tend to be embarrassed by the negative elements among us rather than focus with pride on the positive. I tend to feel that the same applies to other communities also, only we don't hear about it—we only hear about their successes—and that is as it should be.

When I first entered the media many years ago in this community I promised myself that I would endeavour to focus on the positive. After all, everyone else was emphasizing the negative especially when it came to us. I thank God for the opportunity these many years, and this past year in particular, through *Excellence*, to discover some excellent examples of what our community is all about and to be able to share them with you.

And I thank you for the privilege.

Arnold A. Auguste
Publisher

Excellence

Volume 1, Number 9
September 1987

Cover photograph
of Dr Nana Barnor
by John Wild

Publisher
Arnold A. Auguste
Managing Editor
Sandra Whiting
Editor
Valerie Wint-Bauer
Art Director
Veronika Benjamin
Creative Director
Rafaell Cabrera
Fashion & Beauty Editor
Donna Holgate
Food Editor
Pamela Appelt

Contributors
Jennifer Amoah
Mannie Dick
Leila Heath
Dr. Pat Horsham
JoAnn James
C. Denise Jones
Cindy Reyes
Maureen Roach-Brown
Sheila Simpson
John Wild
Doreen Williams

Typesetter
Nancy Neitzel

Excellence is published 10 times a year by Excellence Communications, a division of Arnold A. Auguste Associates Limited, 1554A Eglinton Avenue West, Toronto, Ontario, M6E 2G8, Canada. Telephone (416) 789-0691. Subscription price is \$12.50 a year. Newsstand price is \$1.95 per copy. All rights are reserved and reproduction in whole or any part thereof without the prior written permission of the publisher, is strictly forbidden by federal copyright laws. Second Class Mail Registration Number 7306. Published and Printed in Canada

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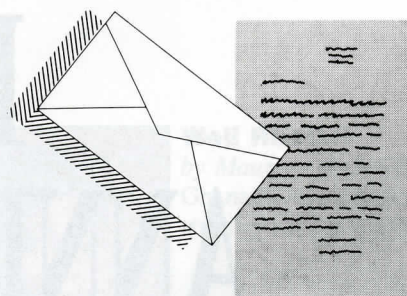


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Letters



Real Inspiration

I must congratulate you for featuring Monica Lewis, Queen of the Avenue, in the June issue. Although I read every article with great delight, I was fascinated by Monica's stick-to-it-ive-ness and courage.

It is quite obvious that her success is due to the fact that she gives God the glory and praises Him through thick and thin.

Excellence is a magazine of real inspiration to the young Blacks and as adults we are proud of those who excel. Do, tell us more of these great achievers.

Enclosed is \$12.50 for a year's subscription.

Myrtle Sloane
Willowdale, Ontario.

Amazing

Thank you for profiling Debra Moreaux in your June issue.

Although the article was filled with inaccuracies I enjoyed reading about the determination of this amazing woman.

But tell me, why wasn't this gorgeous woman put on the cover?

T. C. Johnson

Confused

I enjoyed your June issue featuring the Black beauty business. But you have left

me somewhat confused.

On one hand you have people like Monica Lewis and Eugenie Martin who talked about the "curl" look and "hair weaving." On the other hand you have Debra Moreaux who talked about not curling and weaving the hair, as it is very damaging. Whom should we trust our hair to?

It would seem to me that Ms. Moreaux's experience in studying hair chemistry in a lab, as well as her extensive international experience, would be an indication as to where to seek vital and knowledgeable information. There are just so many chemicals in hair care products, both those manufactured by Black and White companies, that we need to seek hair professionals who are thoroughly knowledgeable of what goes on our hair.

Anita Thompson

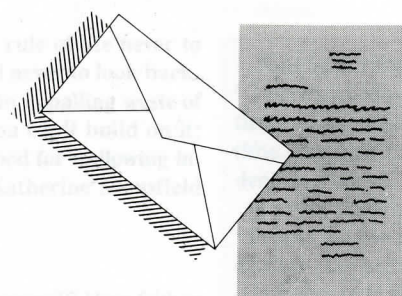
Appreciated

I would like to extend my appreciation for the interesting article on Topaz Hair-Styling School published in your June issue.

Congratulations, good luck on all further issues.
May God bless.

Eugenie Martin
President & Founder
Topaz Hair-Styling School

Letters



Ignored

Much to my amazement and delight your June issue profiled a truly professional hairstylist Debra Moreaux. This is a woman who had made hairstyling a choice and a commitment from the beginning and not by chance.

What really amazes me about this article is that finally after many months you profiled a Black Canadian. I was beginning to wonder if this magazine would get around to featuring someone who wasn't born in the West Indies.

Please do more articles on women who might be of Canadian, American or African heritage. We too are a part of the Black community and even though we are a minority-within-a-minority, we like to be recognized and not ignored.

J. Parris

Truly Canadian

Congratulations! I have read almost all of your magazines and really do enjoy your articles, but can't help noticing articles are concentrated on "Toronto Black women" only, although it clearly states on the cover "CANADA'S Black And Caribbean Women."

It would be nice to read about the other provinces' Black women achievers,

models, etc. We are all over Canada.

Sincerely hope that this letter is printed.

Feel Left Out In
Vancouver, B.C.

New Direction

Thank you for your letter informing me of the new direction that *Excellence* has gone. I am delighted to learn that women across Canada and the United States will have increased access to such a fine publication as this.

I received my first issue of *Excellence* as a Christmas gift last December and was most elated at our progress. Since then it has been my intention to write and comment on the fine job the columnists do. I'm proud! proud! proud! I hope that some time in the near future I will be able to contribute suggestions for articles, or articles that I have written.

Good for you *Excellence* -
"Bigger and Better Things in 1987."

Pauline Taylor-Veira

*We invite your comments.
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- Getting Through Jan 16 - Jan 24
- The Effect of Gamma Rays on Man-in-The-Moon-Margolds Feb 5 - Mar 6
- Parasols Mar 12 - Apr 2
- The Prince & the Pauper Apr 22 - May 22

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HONOURS AND MYSTERIES

Fundraising for library

A Grenadian-born woman wants to help the less fortunate in the country of her birth.

Grace La Touche who now lives in Toronto, is establishing a library in the parish of St. David in Grenada.

"I want to provide assistance to those people in the district to help them to read and write."

She has bought a house in

Grenada and is currently renovating the home to turn it into a library. Once renovations have been completed, La Touche has arranged to have \$20,000 worth of books shipped down to the library.

She says this is just the beginning of her efforts to help Grenada's less fortunate. Anyone interested in working with her or in donating funds can call (416) 631-7836.

Dame Nita honoured

Dame Nita Barrow of Barbados has been awarded an honorary Doctor of Laws degree from the University of Toronto.

Barrow had received a public health diploma in 1944, and a nursing education diploma in 1945 from the university.

In her address to the 1987 graduates, Barrow challenged them to find solutions to international problems such as apartheid in South Africa, the arms race, and AIDS.



Try your hand at a mystery!

Attention prospective mystery writers! The Women's Press, a feminist publishing house, has formed a manuscript group to solicit and review mystery stories. Writers are asked to submit both long and short mystery

manuscripts for possible publication in anthology form.

According to Michele Paulse of The Women's Press, the organization is looking preferably for female authors.

For more information contact Margie Wolfe at The Women's Press, 229 College Street, Toronto, Ontario. M5T 1R4, or call (416) 598-0082. At present there is no deadline for submissions.

Senior Citizen Honoured

A long standing member of Toronto's Black community has been presented with a community involvement award by a member of the provincial government.

Mable Dawson, 70, was presented with a Scroll of Appreciation, by Tony Ruprecht, Minister with Special Multicultural Responsibilities, and MP for Parkdale. She received her award for the volunteer work she does at Parkdale Library.

Currently she is the chairperson of Parkdale Library's arts and hobbies program for seniors.

Women showcase talent

Barbara Fischer wants more women to start their own home-based businesses, through a group she recently started called Women of Peel.

"I want to bring awareness to women working out of their homes," said Fischer. "They are creative and many have hidden talents."

Anyone requiring further information about the group should contact Fischer at (416) 452-0670.

WHAT WAS SAID

Live well. It is the greatest revenge.

Make it a rule of life never to regret and never to look back. Regret is an appalling waste of energy; you can't build on it; it's only good for wallowing in.

- Katherine Mansfield

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture...Do not build up obstacles in your imagination...Do not be awestruck by other people and try to copy them. Nobody can be you as effectively as you can.

- Norman Vincent Peale

We should try to bring to any power what we have as women. We will destroy it all if we try to imitate that absolutely unfeeling, driving ambition that we have seen coming at us from across the desk.

- Colleen Dewhurst

Have a purpose in life, and having it throw into your work such strength of mind and muscle as God has given you.

- Thomas Carlyle

A tough lesson in life that one has to learn is that not everybody wishes you well.

- Dan Rather

For fast-acting relief, try slowing down.

- Lily Tomlin

Paul Meldrum, general manager of Time Design in Canada: "There's no single, correct way to manage time. The only way time management is effective is when you give value to your own time. You have to put a high value on your time before you start dealing with it."

Harold Taylor, president of Time Management Consultants: "People put too much faith in things-to-do lists. You tend to cross off the easy ones and forget about the hard ones. There's no commitment to it. It becomes a tool for procrastination. So don't even put long-term projects on your things-to-do list. Instead, schedule a meeting with yourself this week to work on that project."

Nicholas Economu of Time On My Side: "Time management doesn't really exist. What exists is results management. What results do you want to produce? Everything is structured out of that. If you don't know what you want, you'll be like a leaf in the wind, blown wherever life dictates. And you'll blame everyone and everything else for what happens in your life."

- Canadian Business, April 1987

Live well. It is the greatest revenge.

- The Talmud

A human being is only interesting if he's in contact with himself. I learned you have to trust yourself, be what you are, and do what you ought to do the way you should do it. You have got to discover you, what you do, and trust it.

- Barbra Streisand

You can listen to what everybody says, but the fact remains that you've got to get out there and do the thing yourself.

- Joan Sutherland

When anger rises, think of the consequences.

- Confucius

However mean your life is, meet it and live it; do not shun and call it hard names. It is not so bad as you are. It looks poorest when you are richest. The fault-finder will find faults even in Paradise. Love your life.

- Henry David Thoreau

Be bold and mighty powers will come to your aid.

- Basil King

On this dirty patch a tree once stood shedding incense on the infant corn: its boughs stretched across a heaven brightened by the last fires of a tribe. They sent surveyors and builders who cut that tree planting in its place a huge senseless cathedral of doom.

- Kofi Awoonor

You have the right to make mistakes in bringing up your own children: Blunder bravely! Go ahead and make your mistakes, but believe more bravely that, on the whole, you are doing a good job of raising your children.

You have a right to pursue your own career and interests. If you don't meet your own needs, you are not going to meet your (children's).

You have the right to be yourself. Allow your child to be himself, and you will raise a happy and psychologically healthy individual. The same reasoning applies to you as a parent. So raise your child in your own unique way. Have the courage to be yourself—as a husband, or a wife and, above all, as a parent!

- Fitzhugh Dodson

I shall be older than this one day. I shall think myself young when I remember.

Nothing can stop the slow change of masks my face must wear, one following one.

- Susan Polis Schutz

Learning is finding out what you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you.

- Richard Bach

Do not think of knocking out another person's brains because he (or she) differs in opinion from you. It would be as rational to knock yourself on the head because you differ from yourself 10 years ago.

- Horace Mann

You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet.

- Franz Kafka

THE ARTS

MAKING IT IN "HOLLYWOOD NORTH"

The Americans are coming! And they have brought their megabuck film and television projects with them. There are essentially three main reasons why Toronto continues to attract moneyed U.S. film producers: our weak dollar, the city's 'versatility' as a locale and the wealth of talent that resides here.

It goes without saying, that things have never been better for local actors and actresses. For Black performers in particular, the proliferation of foreign film projects, especially American ones, has meant considerably more employment opportunities. U.S. affirmative action policies require the hiring of one minority performer for every three roles played by white performers.

This explosion in movie making has greatly affected the local Toronto scene. Just this past summer, the Ontario Film Development Corporation listed nearly two dozen film projects (these included both foreign and domestic; television and feature). Also, last year, close to 100 films were shot here. It's no wonder, Toronto now ranks third after Los Angeles and New York, as North America's most popular movie-making capital. The subject of this column is



By Lella Heath

therefore: how can aspiring minority actors and actresses take full advantage of this trend?

Gerard Jordan puts it this way: "Aspiring performers will have to clean up their acts, package themselves and take advantage of the American presence among us." Jordan is agent/manager with Trainco, Canada's longest running talent agency. A talent agency acts as a 'broker' between the directors, producers and casting agents on one hand, and the individual actors or actresses it represents. Agencies send their talent out to auditions. If the performer is successful and gets a role, he or she then pays the agency a fixed percentage of the fees.

Jordan says Trainco's stock in trade is television commercials. But as agent/manager, he is responsible for getting the company's stable of talent work in television, film and theatre. Jordan turned to talent management after what he jokingly describes as a "semi-successful career as an actor." He seemed well-positioned to advise those starting out in the acting business of some basic do's and don'ts. His first emphatic don'ts are:

1. Don't patronize fly-by-night acting 'schools.'
2. Don't ever pay any course enrollment fee in a lump sum.
3. Don't pay any fees (registration or otherwise) before establishing the institution's status with the Alliance of Canadian Television and Radio Artists (ACTRA).

To find out who isn't a reputable acting studio operator, simply call the Canadian Consumer Association or the Better Business Bureau. Jordan adds this qualifier: most of these schools like to flatter their wide-eyed and enthusiastic graduates with certificates. Unfortunately, these acting certificates have lit-

tle credibility within the industry. The watchword therefore is simply: *caveat emptor*, or buyer beware. Jordan does recommend acting training and lots of it:

1. Do enrol in a reputable community college, or university theatre arts program.
2. Do enrol in any reputable private acting studio 'franchised' by ACTRA.
3. Do ensure the curriculum includes courses in: voice, movement, scene study, musical theatre, and monologues.
4. Do get as much acting experience as possible in community or regional theatre groups.

Remember however that in these competitive times no one, not even aspiring actors, can afford to let their skills get rusty. Additional courses in the field can only enhance your ability as a performer and 'up' your chances of landing that special first role.

Now, on to the business of shopping for a talent agency. Jordan notes: "It's actors who really hire the agency, not the other way around." By the way there are 80 such agencies in the city. Of these, 20 are "franchised" by ACTRA, meaning their policies are strictly scrutinized by ACTRA. Here are his suggestions for the aspiring actor or actress setting out to find a suitable talent agency:

1. Do invest in a copy of Getting Organized, from Theatrebooks at 25 Bloor Street West. It's the actor's bible and retails for \$15.00.
2. Do prepare a complete resumé including a recent 8" x 11" black-and-white glossy photograph of yourself; a legible (preferably typewritten) resumé of your acting training, listing roles played (only speaking parts); director's name; special

skills (ie., playing a musical instrument, etc.)

3. Do have at least two well-rehearsed, 'believable' contrasting monologues (one funny, one serious).

"Trainco averages 5 resumé a day," Jordan says. "We are usually interested in 5 per cent of these and actually take on 1 per cent." That's one in every hundred applicants! Those are pretty tough odds! So be realistic. Be prepared. Do your homework. If you're just starting out, Trainco might not be the best choice, but as Jordan points out, "newer, less established agencies might be more easy to break into." The bottom line is: if you have your act together when you go out looking for an agency, chances are you will get a better reception.

As far as auditions are concerned, Jordan says, "Of every six auditions attended, a lucky actor can count on getting one part." Again, that's a 1:6 chance! "Many actors gladly accept bit parts," he says, adding, "For most successful actors television commercials are what pays the bills. Not a principal role in film." As one up-and-coming Toronto actress now based in Los Angeles told me recently, "I take going to auditions very seriously. The more auditions I go to the better I feel I'm doing as an actress." Need I say more?

True, there are still far too few locally-produced television drama series or feature films being produced by the private sector. In the area of television commercials, Canadian advertisers are only now barely warming up the selling clout and sheer good corporate citizenship of using minority performers. Cultural nationalism aside however, the fact of the growing presence of U.S. and foreign film producers here means there is more work to spread around. And, in my mind there is no reason why Black and other visible minority performers shouldn't get their share of the pie. What's the old saw? "You're not an actor, if you're not acting."

Leila Heath is a freelance writer.



BOOKS

By Jennifer Amoah

TRAPS SISTREN EXPLORES THE TRAPS INTO WHICH WOMEN FALL

It is ironical that so soon after reviewing *Silenced* (by Makeda Silvera), I should come across *Lionheart Gal: Life Stories of Jamaican Women*, London: The Women's Press, 1986.

Honor Ford-Smith, a tutor at the Jamaica School of Drama, edited the stories which are based on those collected by Sistren, a Theatre Collective of Women who do problem-solving workshops through their dramatic performances.

This 300-page attempt at consciousness-raising will convince readers that wife battery, infant mortality and child abuse are everyone's concern. One narrator puts it this way: "We have written down our ideas about how and why we do our work saying that one of our main aims is to make the private area of women's life a matter of political concern. Unless we do that we won't understand why women are oppressed."

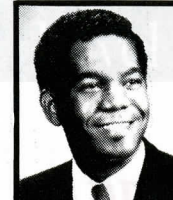
I mentioned *Silenced* because it too deals with exploitation and rage. However, in *Lionheart Gal*, the reins of the processes of which women are victims seem to be controlled by hands

buried deeply in the past and therefore elusive. Whereas in *Silenced* one had the sense that fair-minded Canadians would cry out against the described injustice, in *Lionheart Gal*, the stories leave one with the forlorn feeling that pleas to redress these wrongs might fall on barren ground because of so many uncontrollable circumstances.

The stories deal in large part with the internal migration of Jamaican women to the city to find poorly paid work with non-existent labour organizations. When faced with certain realities, this desire for economic independence actually brings about greater dependence on men. As Ford-Smith points out in the introduction: "Additionally, because there are larger numbers of women than men in the city, their position was even more insecure and the basis for female solidarity was further weakened."

The 15 stories depict lifestyles in the Jamaican countryside and describe the traps into which young women fall, whether or not they want to escape. We

continued on page 40



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RELATIONSHIPS

BATTLE SCARS

"True friendship is the priceless gift of seeing with the heart rather than with the eyes."

Hugh Black



By Maureen Roach-Brown

In today's busy world, few of us really stop to think of the effects that friendships have on us and the effect we have on those around us. As a matter of fact, battle-scarred by friends who have proven to be hypocrites, users, husband-stealers and a host of other negative things, many of us have grown quite cynical of the whole idea of friendship. We relegate it to the realm of children.

But somewhere in each of our lives there is a 'best girlfriend' or 'this friend of mine' or a 'spar' whose life touches ours closely. The following is a tragic story that depicts the simple mistakes even well-meaning friends can make, that can destroy the self-esteem of those they say they care for most.

At first it seemed like a friendship made in heaven. Sylvia, strong, self-assured, definitely on a career path to success, was a manifestation of the ultimate Yuppie dream—supportive husband, kids in private school, lovely home in the suburbs and

the ability to acquire that oh-so-cute dress without hurting too much.

Margo was also on a path toward success—in a 'roundabout way. She had graduated from university and had begun a promising career in public relations. But a series of personal setbacks—a divorce, a period of unemployment, long stretches of depression and self-doubt that she just couldn't seem to shake—reduced her from a vibrant, confident woman with everything to look forward to in the future, to a tearful, some say self-pitying, hurting woman who often hoped that tomorrow would not come.

And their paths crossed.

Even now, five years later, Margo shakes her head in amazement. How could Sylvia, so well-meaning, so ready to share her resources with a friend, so supportive through long hours of tears and agonizing, so quick to offer advice and instruction, have wreaked such havoc and destruction on her friend's psyche and self-esteem?

Why is it, Margo wonders, that even though her life is back on track, her most exhilarating successes are constantly shadowed by the haunting echo of Sylvia's voice, causing her to doubt herself sometimes. Is she really only good at intellectual pursuits? Does she really lack common sense, as Sylvia has so often said? And what about her looks? Does she look her thirty-five years? Could she, like

Sylvia, claim with conviction that she is "25 and holding?" Would anyone believe her? Does she really lack an appreciation of art? Would she ever, like Sylvia, be able to claim the attraction of all whom she met? Would they really be dissatisfied with her style, her class, her taste, as Sylvia so often warned in a supposedly concerned manner?

In retrospect, the saddest part of Margo's present obsession with her looks, her status—in fact, with every external aspect of herself, is that she recalls well a time when these things took second place. It was a time when friends, colleagues and even strangers appreciated her for her inner qualities—"you might say the proverbial wit, charm and personality," she laughs. But to those could also be added intelligence, common sense and yes, come to think of it, she wasn't a bad dresser either.

What had happened over the years is that well-meaning though she might have been, Sylvia was in total awe of the developments in her own life. Conversations inevitably shifted to something relating to one of her successes, and always accompanied by that knowing look or word that implied that Margo could never hope to match her in that area. It was the certainty with which she summarized Margo that hurt most. She was convinced she knew Margo more than Margo knew herself. Margo felt circumscribed,

insignificant.

Then there were the subtle comparisons. Margo had long accepted her less than firm breasts or eyes that seemed too large for her face. But how could she take comfort in her long, graceful fingers and small waistline, if Sylvia never tired of touting her own small, erect figure and perfect eyes? And how could she have explained to Sylvia that she could NOT acquire that "darling peignoir," first because she didn't have the money, second because she didn't have the interest and third, because she didn't have a man?

Despite her stout pronouncements to the contrary and hundreds of hours of conversation, Sylvia did not have a clue as to what was happening to Margo.

Today as she struggles to build a self-esteem based on who she really is, Margo smiles sadly when she reflects on her broken friendship with Sylvia. "If I were to be philosophical," she says, "I would say that we each leave an imprint on those around us—the closer the relationship, the more indelible the mark. We sometimes never know the far-reaching effects of the simple things we say. What may give you a cold, because your life is striking a positive note, will give me influenza, because there are so many struggles happening deep within me."

Maureen Roach-Brown is a freelance writer and regular contributor to Excellence.

Excellence Travel

BEAUTIFUL BARBADOS

Flying Fish, Windmills & Monkeys

BY VALERIE WINT-BAUER



Crop Over is an annual summer festival commemorating the end of the harvest.

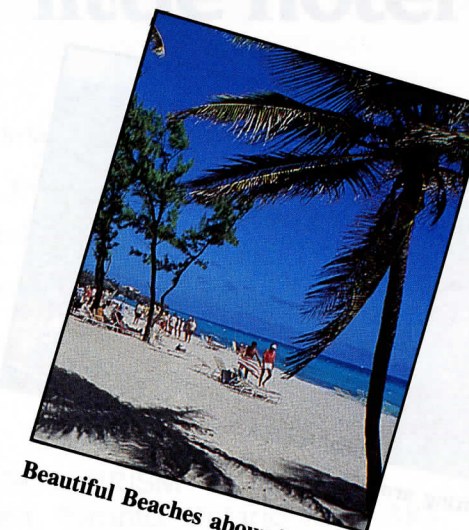
As my plane circled to land at Grantley Adams Airport in beautiful Barbados, the whole windswept island, a tiny emerald in the turquoise sea, lay below.

Going through customs and immigration later three things struck me—the unusually-lilted Barbadian (Bajan) accent, the extreme orderliness and courtesy of the airport officials, and the spaciousness of the airport.

Don't let that spaciousness mislead you however. Barbados abounds in narrow, winding roads (remember to drive on the left) and tiny, picturesque ginger-

bread houses. Only 33 kilometres long and 22 kilometres wide, the size of Barbados allows you to experience all aspects of the island—the lush tropical vegetation, green canefields, rolling hills and beautiful beaches.

Dubbed the holiday paradise of the 1980s, Barbados has something for everyone, from all-inclusive hotels, white-sand beaches, starlit dinner cruises, and a wide selection of tours, to varied nightlife—glittering night clubs and discos, or that tiny, weekend jazz spot upstairs of a



Beautiful Beaches abound.

continued on page 12

BEAUTIFUL BARBADOS



The Barbadians celebrate Crop Over with a vitality and zest that is truly Caribbean.



Getting around is very easy in a MiniMoke.

store on Bay Street in Bridgetown. Hire a taxi, rent a MiniMoke, motorbike or bicycle, or join Bajans on the regularly-scheduled buses that connect all the parishes with the capital city.

My own stay in Barbados took me throughout the island in the company of Bajan friends. By far my favourite spot was Bathsheba on the rugged Atlantic coast in the east, where we walked on that wild beach at twilight, looking for shells and driftwood. The entire east coast is rough water, shoal and

breakers, but the border of flat land at the foot of steep cliffs allows for long stretches of beautiful, windswept beaches where bathing is possible close to shore. In this area, the East Coast Road and Bathsheba are the most popular points of relative safety, but there are others like Morgan Lewis, Long Pond, and Tent Bay. For less adventurous bathers, the sheltered Caribbean coast abounds in beautiful white-sand beaches.

There is a variety of sights you can't afford to miss—picturesque

BEAUTIFUL BARBADOS

Farley Hill, with the shell of the once-stately mansion used in the filming of "Island in the Sun;" St. Nicholas Abbey, one of the two oldest houses in the English-speaking Western hemisphere; Andromeda Garden, with its brightly-coloured hibiscus plants, bearded banyan trees, and hundreds of blooming flowers; Sam Lord's Castle, once home to the 19th century rogue and now a part of Marriott's luxury Barbados resort; and Harrison's Cave. This is a natural cave featuring giant stalactites and stalagmites, bubbling subterranean streams, thundering waterfalls, tumbling cascades, and deep blue pools. Nearby Welchman Hall Gully is a botanical ravine full of tropical

plants and trees. I particularly enjoyed the old sugar windmills that dot the countryside, and the tiny monkeys that chatter in the trees.

The capital, Bridgetown, is a small but modern city offering every service and convenience—department stores, banks, duty free shops, restaurants and specialty shops—and friendly, helpful people. A reliable public transit system keeps everything connected. A favourite sight in Bridgetown are the peanut vendors at the bus terminus, immortalized by the Bajan calypso group, the Merryman.

Eating out is always a pleasure, and Barbados has a variety of cuisines and

restaurants to suit every palate and pocket. For those who want the utmost in ambiance and style, the Sandy Lane Hotel is the place to wine and dine. Somewhat less pretentious is the Coach House, which serves a superb chicken-in-a-basket, while the wine bar downstairs is perfect for that cozy tete-a-tete. Just across the road on the beach, is the Pizza Hut—sprawling, patio dining open to the beach, and offering a very fine pizza. And for those who want to eat what the natives eat, you simply must go to Baxters Road. This is where Bajans go after the show, after the disco. This conglomeration of rustic shops and bars comes alive at night, with everyone hanging out—liming—in doorways, eating fish "cutters" from Enid's or fried chicken from the Pink Pussycat. For the uninitiated, a fish cutter is a fish sandwich, often made from flying fish, the national dish.

For the sports enthusiast, there

is a wide variety to watch from the sidelines or to participate in—golf, deepsea fishing, lawn tennis, judo, polo, squash, watersports, horseracing. But to truly participate in Bajan life, you can't afford to miss the national game, cricket. The local season runs from May to December, but cricket at one level or another is played all over the island, every day of the year.

For Canadian residents travelling to Barbados, duty free shopping offers considerable savings in clothing, cashmere and fine woollens, liquor, jewellery, cameras, crystal, bone china, and silverware. Handicrafts of straw, cloth, wood, shell, and coral make excellent souvenirs.

When the chill winds of Canadian winter start to bite into your bones, consider beautiful Barbados for that winter holiday. Direct air travel is available from Montreal and Toronto, and there are numerous tour packages. Call your travel agent for further details.

BARBADOS



There's a little hotel...

In fact, there are lots of little hotels in Barbados, all of them eager to give you the special warmth of a truly Bajan welcome, and at very moderate prices. Now a new

brochure detailing Barbados' little hotels is available free of charge — The Heartwarmers' Brochure. Ask your travel agent or contact the Barbados Board of Tourism



BARBADOS BOARD OF TOURISM

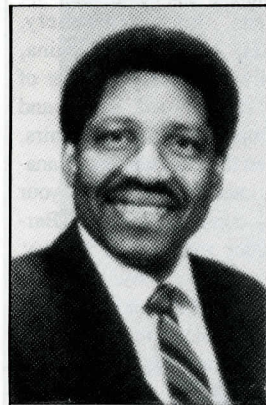
Suite 1508, Box 11, 20 Queen Street West, Toronto, Ontario M5H 3R3

Tel.: (416) 979-2137 Telex: 06-218247

THROUGH A MAN'S EYES

CATASTROPHIC REVELATIONS

But use healing words



By
Manny Dick

What comes as a catastrophic revelation to a family man, has been a painfully long evolutionary process of information gathering by a woman. A survey of my staff at work confirms this conclusion and they provided much of the substance for the dialogue which follows. Come with me and let's eavesdrop on a family conversation led by the woman of the home:

"Have you noticed that you have become a stranger to this home? When was the last time you talked to anybody here? Have you noticed how the children avoid being in the same space with you?"

"That's not true. I offer to help with their homework but they never seem to have problems. I tell them to do things and all seem fine. I have noticed lately that you have been putting forward these strange ideas; are you trying to plant ideas in the children's heads against me?"

"Well! why don't you ask them how they feel. You may discover that they are happiest when you are away from home on vacation."

The general gist of this conversation is certainly common among the group of professionals and upwardly mobile people with whom I make frequent contact and I am sure that you may discover this

to be true among many of your acquaintances. A man, having this thrown at him at the point where he feels that things are all going his way, is most devastated. Further, when he is told that for years he was being warned of his gradual drift away from the family, he becomes totally lost.

How can this happen to a hard working man? you may ask. Question any career woman and she would tell you. Invariably two people getting together bring two different perspectives to their family unit.

The economic survival of a family today certainly demands that both partners be part of the workforce. However, the man generally sees himself as the principal provider responsible for securing all the needs and wants of the family. The fact that the woman may be a higher wage earner does not change the perception of his role. To him, his manhood dictates that leadership is his responsibility. It is this vision of himself which directs and motivates him to achieve the family goals he has set for himself. By a combination of hard work and study he sets his course; and like a spinning gyroscope his direction is not altered by ordinary means. His self-gratification ultimately comes when the family can proudly and pleasurably eat out at their leisure.

A higher stage of satisfaction is achieved when he purchases the family's first modest home. At this point in his life he is totally convinced that he's got the tiger by its tail. Things are really cooking and he is as proud as a pussy cat. The new realities of the extra financial burden for a few years may force the family to create its own entertainment, but a combination of some quality living coupled with the desire to work even harder becomes evident.

In this vulnerable phase, all around him

are subject to the full force of his rejection. Any requests or demands made of him that cannot be met are repulsed by a series of familiar sentences: "You people do not appreciate all I have sacrificed for you."

Sometimes suddenly and without much warning he adopts the cheap entertainment route - taking the family to weekend open houses. This ultimately leads to the purchase of the family's own detached home. The dream is back and working for him again. The years of hard work and study are certainly manifesting themselves for all to see. He expects his family to be justly proud and thankful.

It is at this stage of accomplishment and self-adulation that the untimely news comes to him. "You know boy, things aren't right. The children are like strangers to you; you are never around when you are needed." Suddenly and catastrophically he cannot believe what he is hearing. "What do you mean by saying that I have not been around? I have been working my butt off all these years taking night to make day just to give you all the life you enjoy. Now that all the comforts are provided the family suddenly becomes aware of my absence."

"That's just the point I am making. For years all you talked about is what you have done for us. You are only concerned about things; what about us? When was the last time you had a talk with the children? I do not mean when was the last time you talked to or at them. When was the last time you listened to the children spinning their dreams and setting their goals or expressing their fears and concerns?"

A man dedicated to each member of his family and passionately in love with them, who is suddenly confronted with this revelation either becomes devastated or

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FOR MEN ONLY

LONELINESS

The 20th Century Disease

The greatest disease of the 20th century is loneliness. It deprives us of those truly precious human qualities—spontaneity, and the capacity to love and be loved."

These words were spoken by a very perceptive man and came out of a conversation we were having on the problem of why so many of us are lonely and afraid of loving and of being loved. Women particularly are concerned that many of the eligible men they are meeting seem battle-scarred and extremely afraid of commitment.

We talked about the expectations both parties bring to a relationship and he said he found many women no longer gentle, and in their desire to succeed in their business lives, they have paid too high a price.

That is a fairly traditional male point of view and he conceded that. He did go on to say that there definitely was no turning back the clock to what seemed a less complicated time, a time of servitude, if you will, to a man's authority in a relationship.

This protective cover or toughness is usually the result of

a failed relationship. What was causing so many attractive, articulate women to sound so disillusioned? he wondered. So we went over some of the questions: Do women expect too much from the men in their lives? Do we rush in too quickly where angels fear to tread and frighten away any potential for a committed relationship? Are men right when they say many women have castrated them? Do some of us take charge too forcefully, never giving the man the chance to be in control at times? After all, power must be shared. Are men right when they complain bitterly that we have lost our gentleness?

The perception by some men that these questions could be answered in the positive has caused much bitterness but are they letting us know how they truly feel? I countered. Are we really talking to each other, not at each other, and can we in fact ever see each other's point of view before full scale war is declared?

The freedom afforded us in this society and the constant celebration of individualism at the expense of relationships have taken their toll. Yes, we both

agreed while this age celebrates individualism and has given us the greatest freedom, it has left many people feeling a tremen-



By **Sandra Whiting**

dous sense of alienation.

This gentleman struck me as a very intelligent, thinking man who had great respect for women, and yet, he too had never made the commitment to share his life with anyone. I was curious to know why.

He said that growing up in South Africa with all the stress that society imposes had probably left him more afraid to trust and that, like many men he always felt he had lots of time to settle down. Now, he felt he was

a little too old to change his ways. Also, because he does not feel that the material things are paramount in his life, it is quite difficult to meet a woman who could respect and understand that point of view, he felt, particularly since the striving for power and position is so important now to many women who have long been denied that role. He also feels it is unfair to get involved with a woman while he is afraid to give more of himself. He is working on it, he assured me, and yes, we both agreed, we all need companionship and love.

Women by their conditioning as the nurturers of society are more able to articulate it but men too have their hopes and dreams and need to share with someone who is there for them.

It is time we deal with this issue seriously without flinging mud. Times have changed. Women are demanding and indeed must demand the chance to share as equal partners in relationships.

My friend and I did not solve any problems but it was good to talk, and yes, we must make it a priority to get rid of that 20th century disease 'loneliness'.

BY DENISE JONES

HAVIN' BABIES

Havin' babies. It's not the sort of thing a woman should take lightly. Motherhood is an enormous responsibility. I can attest to that. I've got two wonderful boys. Jesse's almost 6, Jerimi's almost a year. All those years after our first son, my husband and I talked 'around' having a second child. As our first son grew older we saw his increasing need for companionship, someone closer to his own age than his mom and dad, someone in his own family, someone to love and grow up with, always in his corner, someone like a sister or a brother. Well it took us a full five years to decide and now our sons' relationship is precious and wonderful and our new baby has given the three of us a deeper sense of family.

But wanting a deeper sense of family is no reason to have a baby. Having a baby should be a carefully thought out decision, one that should be precipitated first by love, then by physical and mental readiness for one of life's most rewarding and joyous experiences.

Today there are several steps a woman can take to ready herself for pregnancy,

childbirth and motherhood. We shan't talk about genetic engineering and predetermining sex (which I do not believe in) or non-traditional, non-natural ways of conception. Having carefully considered, along with your mate, your values, feelings about each other and about children, your financial status, work, career aspirations and your ability to nurture life, you may want to change your mind about this whole business of parenting. If you haven't, then you should have a pre-conceptional assessment. This indicates your physiological readiness for pregnancy, predicts possible dangers and indicates corrective treatment (where possible) before pregnancy occurs.

Once you do become pregnant the best thing you can do for both you and your baby is to be healthy. Avoid smoking, alcohol and other drugs at all costs. Mothers who smoke are likely to have smaller, less mature babies, and medical studies are now indicating that abuse of alcohol may be dangerous to your baby's health, maybe even to her life.

If you use Canada's Food Guide you will ensure a proper, well balanced diet.

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ILLUSTRATION BY VERONIKA BENJAMIN

If, like me, you don't eat meat or drink milk make sure you make up your essential protein and calcium requirements elsewhere. There is no truth to the hackneyed phrase 'a pregnant woman is eating for two.' Your average weight gain should be two to three pounds a month to a maximum of 30 lbs. for the whole pregnancy. Canada's Food Guide recommends 1000 to 1400 calories per day—3 to 4 servings from the milk and milk products group; 4 to 5 servings from fruits and vegetables; 2 to 3 from meat and meat alternatives and 3 to 5 servings from the bread and cereal group. If you put on over 65 lbs. like I did with both my pregnancies, you must be carefully monitored by your doctor for high blood pressure and its complications. And you better pray that, like me, you can get back to your normal weight in six months.

On the emotional side try to maintain a favourable mind set, stay away from people, things and places that upset you. Try to control those fits of depression that sometimes accompany pregnancy. Get as much rest as your body needs; once your baby comes your R and R time will be

you will have. Prenatal classes are available through most health units across Canada. I found them useful during both pregnancies. Most classes will include relaxation techniques, which, if practised and used, will be a great help to you during labour and delivery. I'm sure you've heard every pregnancy is different, well so's every labour experience. However, few women will say labour and delivery is painless. I opted for the traditional no drugs, natural childbirth with my husband/coach with me through the whole thing. Some women go for varying degrees of anesthesia to reduce or totally eliminate pain. Today you can have your baby in a hospital like most women or at home, in a birthing centre—even underwater. My first labour experience was terrifying to say the least. With baby #2 I was determined to control the situation and not have the situation control me. This time I knew what to expect. I was much less tense, did my breathing, listened to and worked with my coach instead of yelling at him. As a result I had a much easier time.

By the time you are ready to leave the

Exercise is essential... but when you're pregnant is not the time to take up the 20 minute workout.

greatly reduced. There is no need to curtail physical activity or stop working unless your doctor advises it. At the last minute I cancelled a planned trip to Winnipeg last November, the same weekend Winnipeg was shut down by that savage snow storm. Close. Women have been known to go into labour on the tennis court. Exercise is essential, but if you're not the aerobics type, when you're pregnant is not the time to take up the 20-minute workout. Sexual desire varies during pregnancy, some women can't get enough, others find the idea revolting. Most women hover somewhere between. In any case you needn't change your lovemaking habits unless your doctor advises or it causes discomfort. My obstetrician actually recommended regular lovemaking. Says he, it keeps pregnant women relaxed and makes for easier delivery. True.

By the time your baby is due you should have already decided what type of delivery

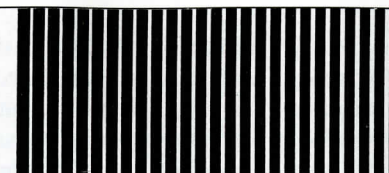
hospital your baby should have a basic wardrobe. The key is not to buy too much in the newborn or three-month sizes—your baby will outgrow them in six weeks. Diapers are a must, a good 2-3 dozen if you're using cloth, or adequate supplies of disposables. My boys used 6-8 each day. My boys were born in the fall and wore sleepers all the time: 6-12 of these should do but you can never have too many. About 6 undershirts, a couple of hats, a sweater and booties should complete his wardrobe. You may want to add a couple of dressy pieces for special occasions. Your baby will need a bath tub, diaper/laundry pail, a couple of hooded towels, comb and brush set, crib sheets, and cotton dispenser among her basic daily requirements. Of course her most vital piece will be the crib. Most babies will sleep and play comfortably in their cribs for several years. My boys spent their first six weeks in a car bed, then graduated to the crib and I'm sure our new baby will

spend another two years in his crib, just like his brother did. Cribs cost anywhere from \$150 for the family on a budget, to \$1000 for the baby who has everything.

If you are thinking about saving money and using a used crib you should know that although you may save money, this could cost your baby's life. Some 40 babies have died in crib accidents since the Federal Government enacted crib safety regulations under the Hazardous Products Act in 1974. Most recently updated in 1986, the regulations make it illegal to sell a crib manufactured before 1986 which does not meet the new standards. Cribs made before 1974 should definitely be trashed. Those made between 1974 and 1982 should be thrown out too if they fail to meet the standards. Consumer and Corporate Affairs Canada has a number of free pamphlets on crib safety. You can pick these up at the office in your area.

If this is your first baby, the whole experience can be quite overwhelming. In spite of pre-natal classes, tons of advice and having read just about everything published on having babies, I felt totally incompetent and inadequate the night we brought our first baby home from the hospital. I was phoning the hospital and my mom in New York to find out how to calm our crying newborn. Turns out a pacifier bought at 11 o'clock that night by an equally distraught dad did the trick. The point of this is that parenting is an acquired skill, best learned hands on. Each baby and his parents are different, and though it may not seem so at first you will get the hang of it. Relax, take one day at a time and be guided by your doctor and those mothers you trust, and of course, your instincts. Dr. Benjamin Spock's "Baby and Child Care" was and still is my bible. It should be required reading for all mothers. It's got everything from how to fold diapers, to dealing with fevers.

I had just gotten used to my 5 year old's independence when our new baby came. We had to get used to not sleeping nights all over again, to being away only between breast-feedings all over again, to anxious moments every time the slightest rash appeared, all over again. By five months Jerimi, like most babies, was sleeping through the night and everything else has fallen nicely into place. In spite of current anxieties over daycare (a whole other bag of woes) nothing can compare to the joy of watching our baby develop as we nurture and love the life God placed in our care.



FIBROIDS

The Black woman's complaint

BY DR. PAT HORSHAM

Fibroids have been talked about, whispered about and blamed for many complaints associated with the Black woman and her reproductive system. The fibroids literally grow with women as they grow older, and then stop growing at the menopause.

The incidence of fibroids is higher in Black women compared with Caucasian women. The quoted incidence is 3.5 times more frequent in Blacks. This means that for every two Caucasian women found to have fibroids, there are seven Black women who have them.

A fibroid is a solid mass of muscle which grows within the thick muscular wall of the uterus (womb). It is not a cancer and its growth is affected by the normal hormones produced by women. Fibroids grow at various speeds, and at anytime one or a varying number can be found in the womb. Some women may have one or two large ones, while another may have many that cause the womb to look like a group of large plums. There may also be several fibroids of varying sizes within one womb.

Fibroids generally do not cause serious problems or illnesses. Many women have them and live a normal life, giving birth to many children without any problems and without knowing about their existence. A very small number of women may have problems because of the fibroids, but other more common illnesses must be ruled out before the fibroids can be blamed. One word of caution is that the birth control pill can cause a rapid growth in fibroids that would have otherwise remained at the normal slow-growing pace. Thus, this type of contraception is not recommended for women with fibroids.

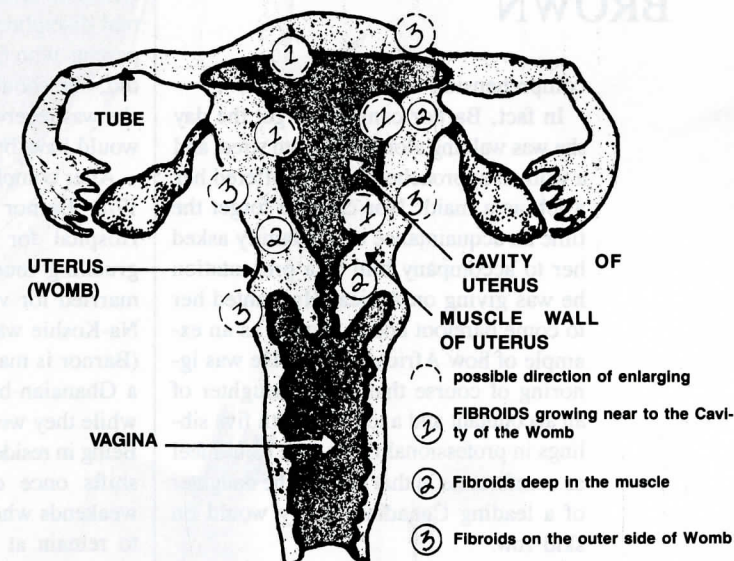
The few problems caused by fibroids are infertility, heavy and prolonged periods and a very enlarged abdomen. Controversy exists as to the effect of fibroids on infertility, but this effect is

(i.e. a scrape) to rule out other causes of heavy bleeding.

An enlarged abdomen is the least frequent of the problems and of course a late pregnancy must be ruled out by the doctor before advising treatment. With the increasing size of the uterus, the older woman may experience a heavy feeling in the abdomen, backache and frequency of urination. The younger woman may only have an enlarged abdomen with a negative pregnancy test.

Pregnancy should not be avoided or postponed because of fibroids, and in a few cases of infertility, fibroids may have to be removed; but discuss this with your gynecologist. During pregnancy the fibroids may enlarge a little at the beginning of the pregnancy and remain at this new size, or they may flatten out and get taken up in the wall of the enlarging womb. Careful follow-up by the doctor is needed in these cases, though most

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WELL ROOTED

BY
MAUREEN
ROACH -
BROWN

comprehension of many she met.

In fact, Barnor cannot forget the day she was walking along a Toronto street and a woman approached her and offered her a job as a maid. Nor can she forget the time an acquaintance of her family asked her to accompany him to a presentation he was giving on Africa. He wanted her to come barefoot and in tatters, as an example of how Africans dress. He was ignoring of course that as the daughter of an accountant and a teacher, with five siblings in professional fields, she would feel as comfortable in that garb as the daughter of a leading Canadian family would on skid row.

Barnor freely admits that the personal

and even professional challenges that have more than once threatened her self-esteem are very real indeed. But that's as far as her lament against racism goes. On the way to accomplishment in Canada a Black person may face barriers of various types. "But," she says, translating a Ghanaian proverb, "you don't defeat yourself before you start." Rather than lament about them, she believes one should take obstacles to task. One should sit down and figure a way around them. "You may have to bump them aside," she laughs, adding quickly that one should work within institutional rules where possible.

Barnor is Chief of Pediatrics at Humber Memorial Hospital. As well, she holds a staff and teaching position at St. Joseph's Hospital, and is on the courtesy staff at Women's College Hospital; which gives her the right to practise there. She also has her own practice.

Nah-Amakuma Barnor (Nana for short) was born in Accra Ghana in 1949. After attending high school in that country, she decided to study medicine, electing to do so at the University of Toronto. Seated in the azure coolness of her Keele Street office, Dr. Barnor mentions casually how she turned down the first acceptance offer U. of T.'s medical school made to her, while she was just in the second year of her undergraduate studies.

Didn't she know that was an opportunity some would kill for? She shrugs, then laughs. "I guess looking back, that was kind of silly of me. I'm not sure why I did it. I felt I wanted to complete my Bachelor of Science first." It may have been silliness. Then again it may have been a reflection of her confidence in the intellectual discipline bred and honed in her by parents who taught her that whatever she did, she should do well. With the marks she was receiving, she probably knew she would have been accepted again anyway.

After completing her medical studies in 1978, Barnor did her residency at the Hospital for Sick Children. It was a gruelling four years. She had not been married for very long and her daughter Na-Koshie was then only two years old. (Barnor is married to Dr. Kojo Lamptey, a Ghanaian-born dentist whom she met while they were both students at U of T). Being in residency meant working 30-hour shifts once every three days, and on weekends when she was on call, she had to remain at the hospital for the entire

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**She never
hesitates to
speak up
and when
she does,
people
listen**



PHOTOGRAPH BY JOHN WILD

Day To Evening

BELOW
Sherry wears seps. In 100% wool Bomber style jacket and classic cut pant with matching blouse all in the new colour combination of elephant and Ivory by Susie Hayward.

RIGHT
Fullness and softness - Ellen Tracy separates in polka dots, 100% silk bomber style top (jacket) with full circle skirt.



CLOTHES &
ACCESSORIES:
KEMEELS, TORONTO

HAIR: AZANS,
TORONTO

MAKE-UP:
LORNA WILSON

PHOTOGRAPHER:
DIMITRI MAVRIKIS

WRITTEN AND
PRODUCED BY:
DONNA HOLGATE

CREATIVE
DIRECTOR:
RAFAELL CABRERA

Nine-to-five and After five, our fashion story shows you the options. Versatile pieces that can take you through your day with ease. The look and style of today's professional woman for Fall '87 by Susie Hayward and Ellen Tracy.



BELOW

Day to evening in this luxurious 2 pc. silk ensemble. Full swing jacket in 100% wool, all by Susie Hayward.

**RIGHT**

Plaids in Pink. Separates by Susie Hayward. All in 100% wool, these pieces are versatile and interchangeable.



News Report For Fall '87

A new season in fashion is upon us, and so are the usual questions. What's New? What's Different? What's Hot? And What's Not?

WHAT'S NEW

The power of the Jacket - Jacket dressing for day, for evening, jackets over skirts, pants and even topping dresses. We are seeing many looks from the short fitted bolero style to the longer or fuller swing style jacket. In fabrics, anything from leather to the newest wool/lycra blends. The new statements in jackets are as strong as the new colours. Black is as strong as before, but red, yellow, the brights and bolds, the jellybean shades are all the rage.

WHAT'S DIFFERENT

We are seeing an obvious shift in the lengths of our hemlines—they are shorter everywhere. Legs are more visible than seasons past. Even with the shorter lengths we still have options—anywhere or just below the knee to mid-thigh works well.

BELOW

The executive appeal by Susie Hayward. Tonya wears a tailored jacket with straight skirt in 100% wool, softened with the addition of a 100% silk blouse.

**RIGHT**

100% wool signature coat, Alfred Sung. Ellen Tracy capped sleeve top with full circle skirt in 100% silk.



- Don't try to shorten all last season's skirts to the new length, they can look out of proportion.
- Remember, if your personal preference is the longer skirt, that's fine. Create your own personal style, wear whatever you are most comfortable in.

WHAT'S HOT

- The ethnic influence in accessories, especially African—in wraps, scarves, strands of wooden beads.
- Necklines that reveal skin from every angle.
- The classic basic white shirt—crisp and clean, worn everywhere with anything.
- Day to evening dressing as seen in our fashion story—ease with style and versatility.

WHAT'S NOT

- Dazzle, glitz, anything overdone (studs, rhinestones)
- Oversized anything (shirts, tops, suits)
- Fantasy dressing (non-practical buys)
- The too tight almost tortured look (squeezing into a size 2)

KENYAN CUISINE



Two years ago I had the opportunity to spend three weeks in Kenya, East Africa. That trip proved to be the most memorable of my lifetime. The beautiful scenery, the wonderful game reserves and the safari are just some of the good things that Kenya has to offer.

Because of my interest in the culinary arts, it was quite natural for me to visit the market places, the supermarkets and, of course, the restaurants. However, as in most other parts of the world, a local home is the best place to experience local cuisine.

Before leaving for Kenya, I contacted Penny Bernard of World Art & Decor in Toronto. She is a native Kenyan and she gave me names and telephone numbers of friends and relatives. I did manage to contact her sister

and have lunch with her. In turn, she introduced me to other Kenyans who shared my interests. This led to a number of visits to private homes where the hospitality extended to me was completely marvellous. The food was delicious and some of my hosts went further to explain how certain dishes were prepared.

I also introduced myself to the chef at my hotel and it didn't take them very long to prepare my meals just as I liked them—with authentic, African flavour.

These recipes that I'll be sharing with you have passed the test with some very discriminating Kenyans. I trust you will enjoy them also. As one would expect from any tropical country, fish and rice are the matrices of the art. These humble ingredients are enriched with spices, herbs

and vegetables, but especially with coconut and the abundance of textures, flavours and aromas which it yields. On a whole, the recipes are simple to cook. The utensils and the cooking equipment are basic. This wonderful simplicity transforms into some of the delicious traditional dishes enjoyed in Kenya.



FISH SOUP-AFRICAN STYLE

Ingredients

- 2-2 1/2 lbs. red snapper, or other suitable fish
- 2 onions, medium sized
- 2 bay leaves
- 2 cloves
- 1 small tin of tomato puree
- 3 potatoes, peeled and diced
- 3 carrots, scraped and diced
- 2 tbsp. curry powder
- 2 tbsp. olive oil
- 3 tsp. lemon juice
- 4 tbsp. table cream (15%)
- 2 cloves garlic
- salt and pepper to taste

Method

Fillet the fish. Put the bones, complete with the head into 2 quarts of cold water.

Chop one of the onions and add to the water, together with the bay leaves, cloves, salt and pepper.

Bring to a boil and simmer for about 1 hour to extract as much flavour as possible. Strain and retain the liquid, discarding the bones, bay leaves, etc.

Chop finely the second onion. Fry it in the oil until golden. Add curry powder and mix well.

Combine the stock with the tomato puree, potatoes, carrots and the fried onion/curry powder mixture, and cook until the vegetables are tender.

While the soup is cooking, place a colander over the saucepan and in it steam the fish fillets for approximately 10 minutes.

Crush the garlic cloves and flavour the cream with the garlic juice extracted.

Flake the fish and shortly before serving add it to the soup together with the lemon juice and cream.



BEEF WITH GINGER & PAWPAP

Ingredients

- 1 fresh pawpaw (papaya) - golden, but firm to the touch
- 2 cups water (to which is added 1 tsp. salt)
- 1 onion, sliced thinly
- 2 cups beef stock (may be made with bouillon cubes)
- 2 lbs. beef, thinly sliced (preferably sirloin)
- 2 pieces ginger, sliced thinly
- 2 tsp. soya sauce

- 1/2 cup water
- 1 tbsp. corn flour
- oil for frying

Method

Pee the pawpaw, remove the seeds and cut into small pieces. Soak in salted water for 1 hour. Rinse in cold water and drain.

Fry the onion slices in hot oil and then add the meat, ginger and pawpaw. Fry for 5 minutes, taking care not to break the pawpaw pieces. Add the beef stock, season to taste, and bring to a boil.

Combine the corn flour with the 1/2 cup water and the soya sauce. Add this mixture to the meat. Simmer until thickened. Serve with rice.



UGALI

This may be served in place of mashed potatoes and it makes a fine accompaniment for a meat or fish dish.

Ingredients

- 1 litre water (or stock, or 1/2 water & 1/2 milk)
- 250 grams maize meal (may be purchased in specialty shops)
- 125 grams butter
- 1 tsp. salt
- pepper to taste

Method

Bring the liquid to a boil and add the salt. Stir in the maize meal and simmer for about 45 minutes or until the maize meal no longer feels coarse. It is best to do this using a double boiler as it prevents the meal from burning.

Just before serving, add the butter cut in small pieces. Shape the Ugali into balls using an ice cream scoop, to give a neater presentation.



COCONUT PUDDING

Ingredients

- 2 tsp. gelatine
- 1/4 cup white sugar
- 1/2 cup milk
- 1/2 cup water
- 1 cup heavy cream (35%)
- 1 cup dessicated coconut
- 1/2 cup brown sugar
- 1 tbsp. butter
- 2 tsp. vanilla extract
- pinch of salt

Method

Mix the gelatine, white sugar and salt in a saucepan. Add water and heat until the gelatine has dissolved.

Cool, then add milk. Chill until syrupy.

Whip half of the cream and blend into the gelatine mixture, together with the coconut.

Place the mixture into a mould and chill until set.

Serve with a sauce made by combining the remaining cream, brown sugar and butter. Heat until the butter has melted. Add vanilla and pour over pudding.



By Pamela Appelt

weekend. Coping with family life meant among other things, dealing with baby sitters like the one who walked in one morning, put the baby in the crib and walked out again, without saying a word to the sleeping Dr. Barnor.

Barnor eventually took her daughter to Ghana until she completed her residency. She then took two years off, during which she gave birth to her second child Nii-Apa. In 1980 when a Dufferin/St. Clair area doctor decided to close her practice, Barnor took it over "supposedly part-time," she laughs, indicating quotation marks with her fingers. In the years since then she has in fact kept up her practice part-time, spending about 16 hours a week in the attractive 1,800 sq. ft. office she recently bought.

Barnor's decision to hold the two hospital positions is ironic, given the fact that she decided to work part-time so she could spend more time with her family. "I need to keep active to keep from being bored," she explains. "I also need to keep up my skills." Working in a hospital environment, she generally gets more challenging cases than during private practice.

She apparently meets those challenges very well. Unit Administrator for St. Joseph's Special Care Nursery, Mary Jasinski, has nothing but warm praise for Barnor's skills in teaching and in medicine. "Excellent," "up-to-date," "meticulous," she says, describing Barnor's adept handling of technical tasks like exchange transfusions, where a baby's entire blood supply is replaced. With an eye to precision and discipline, Jasinski says Barnor seems particularly strict with the interns. "But that's good. It means they are being well trained."

Dr. Robert McMillan, Chief of Staff at Humber Memorial Hospital not only has a high regard for Barnor's medical skills, he points to other qualities that make for her success as a doctor and an administrator. "She is very good under pressure. I have seen her tested several times when she had to make difficult decisions on what steps to take in dealing with a particular case. She came through very well."

Dr. McMillan commends Dr. Barnor's social skills in getting along well with the staff, particularly the nurses. This is not

an easy feat for some women doctors, he says, referring to the reluctance of some nurses to take orders from women doctors. He says Barnor represents Humber Memorial's Pediatrics department well. "She never hesitates to speak up and when she does, people listen." It is an opinion shared by Dr. Emile Jokay, head of Pediatrics at St. Joseph's, who says of Barnor: "She has her own opinion on things. She is intelligent and the depth of her insight is obvious."

As Chief of Pediatrics at Humber Memorial, Barnor's duties are mostly administrative. In ensuring the smooth running of her department, she incorporates changes in hospital policy into her department's policies, or speaks out against them when they are not to its benefit; she ensures that her department's policies are updated according to advances in medicine and she encourages good employee relations.

At St. Joseph's she supervises up to six interns and family practice residents (family doctors receiving special training in pediatrics). This function is a normal duty of all pediatricians on staff while they are on call.

Amidst the high professional regard in which she is held, Nana Barnor maintains an equilibrium by stressing the values she holds most dearly. She believes, for instance, in simplicity, and although she readily describes herself as a Canadian, her "roots" are very important to her.

Barnor's daughter attends Havergal, an exclusive Toronto private high school for girls. Her son goes to the Mabin School. Barnor believes her children should have "a good basic education," but she instills in them what her own parents taught her—value and respect for their individuality and the habit of excelling at whatever they do, "regardless of what they become in life."

Most of the time the children speak the Ghanaian language at home. They enjoy okra stew, jolof rice and peanut soup as much as they do McDonalds, pasta and hot dogs, she says. "We have made a conscious effort to teach our children about Ghana," Barnor says, "because in order for them to have the confidence they need to succeed, they need to know their roots. A tree without roots cannot stand for long." She accepts though that they are "just children" and she no more pressures them into her own cultural image than she

continued on page 42

Our children need to know their roots. A tree without roots cannot stand for long.

DELESHIA ALI

commitment and dedication

Deleshia Ali came to Canada 17 years ago from Trinidad via Britain, and is by profession an ultrasonographer (medical technologist specializing in ultrasound). This in itself is a demanding job requiring daily judgement calls, but it is Ali's extra-mural activities that have caught the attention of *Excellence*.

For Deleshia Ali wears two hats, each of which has placed her in the vanguard of the Trinidad and Tobago community in Toronto. She is immediate past president of Trinidad's Naparima Alumni Association of Canada, as well as vice president of the Federation of Trinidad and Tobago Organizations of Canada. (Last May she was named Naparima's Alumnus of the Year for the second year).

In May 1986, Ali took up office as president of Naparima Alumni Association (NAAC), the first woman to hold this office. NAAC is an association of graduates from seven schools in the Naparima district in southwest Trinidad. The schools were founded by Canadian Presbyterian Missionaries initially to serve the large East Indian community of Naparima. They include a theological college, a teachers' college, a co-ed secondary school, two boys' and two girls' secondary schools. The alumni association was started nearly 10 years ago, in spring 1978, by a group of "Old Boys" of Naparima College, who initially got together to reminisce, and who ultimately formed this group of graduates of all the schools.

The association has two primary objectives: It assists the schools wherever possible through donations of two annual cash awards of excellence, and gifts of needed equipment such as encyclopedias and stage lighting. It also provides a social life for its 150 members, having a very strong family orientation, with monthly activities and regular dances. There have been exchange programs between one or other of the Naparima schools, and schools in Metropolitan Toronto, in order to foster multi-cultural understanding.

The post of president of such an active organization is, of necessity, a demanding one. She has to keep everyone on their toes. She automatically becomes an ex-officio member of all five standing committees because she has to keep her fingers on the pulse of the association. There are numerous meetings to attend, and Ali maintains that one of the primary prerequisites for someone in such a position, is to be able to listen well. As the person who often has to arbitrate and make decisions, this is vital.

The Federation of Trinidad and Tobago Organizations of Canada is an umbrella group encompassing 13 associations. These include general groups such as the Trinidad and Tobago Association, but also several special interest groups—seniors, cultural organizations, sports associations, and alumni groups such as NAAC.

What is it about community service that holds someone like Deleshia Ali? "I love helping others," she says. "The people in the association know that I love to work hard. They know they can count on me." Having someone who can be counted on to do the job properly is vital to any organization, but Ali says it demands a high level of commitment and dedication.

More than that, it requires that she be able to organize her time exceptionally well. This is a person with a full-time job, not a socialite housewife, so good time management is key to her success and personal satisfaction.

Deleshia Ali's family—she is married with two adult daughters—is very supportive of her activities. In fact, husband Winston is chairman of the NAAC social committee, so to a certain extent they work together.

Contrary to what it might seem, Ali's life does not end with her commitment and dedication to her volunteer work. At home, she says, she never sits empty-handed. "I can't just sit and watch TV," she admits. "I always have to have something going - embroidery, knitting or sewing. I also do calligraphy. And I love gardening."

A few issues ago, *Excellence* carried a quote from the pen of Elbert Hubbard: "If you want work well done, select a busy person - the other kind has no time." How well this fits Deleshia Ali - the more it seems she has to do, the better it is done. She simply does not have the time not to do the job well.





PENELOPE WISHART

vision and balance

It takes a special sort of person to make a success out of sales. Penelope Wishart, a Guyanese-born real estate agent who came to Canada in 1969, is that special sort of person. For twelve years she handled sales part-time, selling such commodities as Tupperware, Sarah Coventry jewellery, and stainless steel cookware, before venturing into the unknown waters of real estate.

Before Wishart made the move into sales in 1982, friends had been telling her for years that she "had what it takes" to do well in that field. When she eventually did make the step, part-time at first, those same friends told her she was "crazy" to go into sales at that particular point in time. Both prices and interest rates were high and her friends feared this would hold her back. But Penelope Wishart is not one to be daunted by any apparent set-back. If anything, they spur her on to overcome them. "I don't see problems," she says, "I only see situations that need a solution."

When she first started in the real estate field, she admits that she did it for the money. It is possible, she says, to make a "quick buck" from the business. But she

maintains that people who do so don't have the quality to get referrals and repeat business. "Real estate is a service to the people," she says. "I don't do it any more just for the money—you have to figure out exactly what you are offering the people, then improve on that service. After that everything starts falling into place. If a job is well done," she adds, "the money will come."

For Penelope Wishart, selling real estate provides challenges at several different levels. A priority is the freedom that comes from being her own boss. As a divorced parent of three children, two of whom still live at home, she feels that being her own boss gives her the time to work around the children's schedules. Other jobs, she says, offer less freedom. Besides, "dad always told us to be our own boss," she points out. "All my nine brothers and sisters have their own businesses, except one sister. She's a lawyer."

One of the challenges Wishart faces and which she enjoys, is that of getting to know herself extremely well. In this business, she maintains, you have to have the right attitude, you have to be quite thick-skinned and not be intimidated by other people. By its very nature, selling real estate involves dealing with people, and therefore you have to get to know them. And in order to do that well, you have to know yourself.

Penelope Wishart uses several techniques to deal with her career and with life in general. One of the most important techniques is goal-setting. "We have to set

ourselves goals in order to achieve anything we really want from life," she says. "It's very important to have financial, personal, family, and spiritual goals."

The tiny dynamo that is Penelope Wishart, is a woman who laughs easily and infectiously. She bubbles over with joy and merriment, and takes genuine pleasure from her home in Bramalea—her "sanctuary." She enjoys being solitary, for instance being alone with an Earl Klugh album after a hard day's work, or meditating in her walk-in-closet. However, she thoroughly enjoys the company of her children—15-year-old Nicole and 13-year-old Dain (26-year-old Sharon does not live at home)—and she loves to entertain. "I like to have lots of people around me," she says, "But I also enjoy being alone. That's when I can think deeply and search for solutions. I need that time to find balance in my life—spiritual, mental, and financial balance."

If Penelope Wishart's walk-in-closet-cum-meditation centre is anything to go by, the search for balance and the establishment of goals is well underway. On the walls of the closet she has taped up charts and lists with her spiritual and financial goals. Each day she ponders these, seeking solutions. With her positive attitude and ability for hard work, she will no doubt achieve them.



DAWN FAIRWEATHER

pursuing her goals

Sticktoitiveness and determination. In her quiet, unassuming manner, Dawn Fairweather embodies both these qualities. Undoubtedly they are the dominant factors in her rapid rise through the ranks of the Toronto chapter of Professional Secretaries International (PSI), an organization she has twice served as president in two different countries.

Fairweather migrated to Canada in December 1979 from her native Jamaica, where she had been a secretary at the University of the West Indies. Through incredible luck and sheer determination she landed her first Canadian job just three days after arrival. "My brother drove me to work that morning because I didn't know my way around. There was a snowstorm, and my brother's wife was in labour." Not the most auspicious beginnings, but Dawn Fairweather was not to be daunted. Since that time she has twice been laid off, and both times found jobs again within a week.

When she came to Canada, Fairweather had already served for two consecutive years as president of the Jamaica chapter of PSI (1977-79). It was therefore natural for her to join the Toronto chapter. "The day I walked in to my first meeting," she says, "I looked up at the head table, saw no Blacks, and decided that I would get there."

Getting to the head table did not happen overnight. It was, however, a logical consequence of the type of person Fairweather is, coupled with the steps she methodically took to attain her goal. She deliberately set about becoming involved with one or other of the 19 committees

such as the Program Arrangements and Hospitality committees. She then became recording secretary, a post she held for two years before achieving her goal: in 1984 Dawn Fairweather became the first Black president of the Toronto chapter of PSI and held that post for two years.

Professional Secretaries International is an international organization of 45,000 secretaries across Canada, the U.S.A. and Europe. Its aims include elevating secretarial standards; promoting a professional and cooperative relationship between the secretarial professional and employers; professional and personal development; and continuing education programs. Anyone who has been a secretary for two years is eligible for membership. The Toronto chapter has 95 members (three of whom are Black) who attend monthly dinner meetings with keynote speakers. The chapter is closely involved with the Certified Professional Secretaries Program, assisting with the preparation of candidates for the yearly examination.

One of the services offered by the Toronto chapter of PSI came about during Dawn Fairweather's presidency as a direct consequence of her efforts. Recalling her early days in Canada, and the many lessons she learned from her lay-offs, she worked with current president Lynda Bone to establish a Career Services Bureau. The Bureau is designed to help secretaries who are out of work or seeking new jobs, and acts as a channel of communication between secretaries and employers.

Fairweather, who is chairperson of the committee responsible for the Career Service Bureau, was also instrumental in a Mentor Program which allows secretarial students to spend a work day with a PSI member, then attend a PSI meeting in the evening. It introduces the students to the



realities of the world of work, and to the professional organization which could help them develop their careers.

Dawn Fairweather is no longer president of the Toronto chapter of PSI. Nevertheless her vision and ambition are just as strong as ever. Her immediate sights are set on the presidency of the Canada District (to which all Canadian PSI chapters belong). She would have run for that office this year, but she fell short of eligibility by just three days. Ultimately, she wants to run for office on the international executive, which currently has no Blacks. In the meantime, one of her personal goals for PSI is to recruit more Black members.

Outside of PSI, Dawn Fairweather is a secretary for the Municipality of Metropolitan Toronto's Client Special Services, which assists welfare recipients and seniors. In her spare time she enjoys listening to music, reading, and watching movies --- "I watch so many that I've had to invest in a VCR," she admits.

Outwardly, Dawn Fairweather is a gentle, unassuming soul. Beneath the unruffled surface is a person full of ambition, her goals in plain sight. And she has carefully worked out how to achieve these goals.



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CATASTROPHIC continued from page 14

cynical. It is also of extreme significance to note the invisibility he places on the woman's role. Even in the shared roles of providers and home makers the man sees himself as the architect of the family's future.

The stresses caused by putting the gyroscope into motion and forever losing the flexibility to alter its direction must be addressed. I offer three points for consideration which I am sure you have already guessed: (1) There must be frequent family communication; (2) Areas of responsibilities must be established; (3) Regular positive strokes must be given everywhere possible.

It is important to keep the lines of communication open for information to flow freely in all directions among the family. Special times must be set aside for quality on-going discussions and sharing. Nothing should be allowed to interfere with this period.

The areas of responsibility should be clearly worked out leaving some room for flexibility. This, among other things, avoids sending conflicting messages to the children as to who gives permission for staying out late, borrowing the family car, and who determines the sequence of the children's tasks - cleaning, homework, social engagements. A fair and practical routine must be established to the satisfaction of all.

Praise must always accompany things which meet one's approval. Never forget to touch or to hug, to wink or nod approvingly. Emphasize the positive and turn all lemons thrown at you into lemonade.

The preoccupation of a man with the safety and material well-being of his family leads him too often to neglect the warmth needed by them. We have been blessed with patient and loving women. They keep the home fires burning. We are thankful for their patience and tolerance in dealing with our egotism and for staying around to rejoice in our transformation. We salute our women who are carving out careers for themselves and still find time and energy to be wives, mothers and confidantes. To those homemakers who are deprived the social stimulation of daily dressing-up and going out to work but continue to be their men's best friend and confidante: much praise to you.

In my praise to women I must leave you with one final task. When making those catastrophic revelations to your men, do it, not to wound, but to heal.

FITNESS



By JoAnn James

PREGNANCY AND PREPARATION FOR EXERCISE

If you have been physically active at least six months before your pregnancy and want to continue your physical activity, you can still benefit from aerobic exercise and protect your baby at the same time. Aerobic activities such as walking, swimming and biking, are safe for the healthy pregnant woman.

Robert C. Cefalo, M.D., Ph.D., director of the Division of Maternal and Fetal Medicine at the University of North Carolina School of Medicine offers guidelines for exercise.

1. Begin each session with a warm-up and end with cool-down exercises.

2. Don't get so out of breath that you can't carry on a conversation.
3. Don't exercise to exhaustion.
4. Don't get overheated.
5. Take your pulse every 10 minutes. It should never exceed your aerobic potential—70 per cent of 220 minus your age, that is, $0.70 \times (220 - \text{your age})$.
6. Taper off gradually during the last three months.
7. Stop at once if you have chest pain, dizziness, headache, lower backache, uterine contractions, nausea or vaginal bleeding.

Plastic Sweat Suits

Working out in plastic or vinyl sweat suits or plastic garbage bags wrapped around the body is not an effective way to lose weight. In fact it's quite dangerous, especially if you are exercising in hot weather.

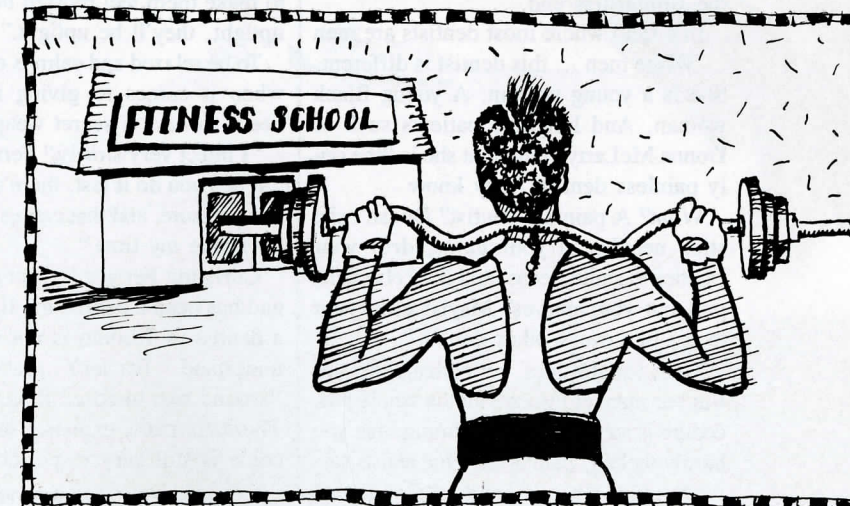
The rationale behind wearing plastic suits is that you will sweat more and therefore lose more weight rapidly. Yes, you will lose weight but the loss will be all water, not fat and the loss will be temporary, the water will come right back from the food and drink ingested after exercise.

The danger of using plastic suits is that they interfere with the body's natural temperature regulating process. Perspiration comes to the surface of the skin to help you cool down by evaporating. Wrapping yourself in a plastic sweatsuit cuts off the circulation of air needed to cool the body. As a result the danger of heatstroke is increased.

TIPS ON JOINING A HEALTH CLUB — BE WISE

To prevent foolish decisions when joining a health club keep these pointers in mind.

1. Ask if the club has a refund policy in case the club goes out of business.
2. Forget lifetime membership deals. If the club goes under so does your money.
3. Find out if the club has special discounts for joining at certain times of the year or for family memberships. You may find that it pays to wait until then. Mid summer and early fall are usually good times.
4. Never join clubs that you have not tried out or where people are pressuring you to join.
5. Make sure you know what you're getting into in regards to how you pay your membership.
6. Find out what is included in the base rate. Does the membership include the use of the pool, squash courts or tennis courts. Sometimes when you start adding up the cost of including other activities the base rate is not so attractive after all.



At first glance, Dr. Christine Ferrier's office in the Eglinton Square mall does not appear much different from that of any other dentist in the Toronto area.

There's the obligatory waiting room, complete with smiling receptionist, assorted magazines, a couple of patients and a picture of what healthy teeth should look like.

The decor is neutral ... beige and blue tones, meant to soothe, not excite the patients. Through an open doorway, you can just make out the head and feet of a woman sitting patiently on the reclined dentist's chair.

The dentist appears, and that's where

also feels bound to stick around and watch Christine Ferrier work her calming magic.

Christine Ferrier at work, is indeed, totally calm, and easy-going. Many of her patients have been with her for several years, and call her by her first name. No sooner do they sit in her chair than they start asking questions about her nine-year-old daughter Julie, or answering her queries with stories about their own families.

This is partly because Ferrier is by nature relaxed and easy-going. It's also a very deliberate approach. It's part of her strategy to be the best dentist she knows how.

There's a historical perspective to this approach of hers. This is a woman who grew up with bad teeth, and spent a lot of time in the dentist's chair. How come?

"Paradise plum and bulla cake," she answers with a laugh. "It's true. I grew up on paradise plum (a hard, pink-and-orange candy) and bulla (a flat, round cake loved by Jamaican children because it's filling, cheap and very sweet.) I spent a lot of time getting my teeth fixed, and I know what it is to be scared."

So when Ferrier became a dentist, she decided that one of her major priorities was to provide a relaxing, trusting atmosphere for her patients. For example, noticing that a middle-aged man, a new patient, seems a bit tense, she calls to her assistant to "change back the radio station. I prefer the more relaxed music" and strikes up a conversation with her patient, who has come to be fitted with dentures. The man visibly relaxes.

"People come to my office and say: 'I hate dentists.' I say: 'Nobody really likes coming here, but we're going to try to help you.' People tend to be very scared. I try to make them feel relaxed because if I'm uptight, they'll be uptight."

To be relaxed and calm is one thing, but when it comes to giving needles, one needs to have a secret weapon.

"I inject very slowly," Ferrier explains. "When you do it fast, there's a lot of sudden pressure, and that causes a lot of pain. So I take my time."

Christine Ferrier is young. She is 36, and has been a dentist for 11 years. To be a dentist in Toronto is not exactly to be underpaid. Ferrier's practice grosses "around two hundred thousand a year." There are many expenses but her net income is still very respectable.

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PAINLESS DENTIST

By
Cindy
Reyes

the similarities end.

In a field where most dentists are men ... White men ... this dentist is different. She is a young woman. A young Black woman. And longtime patients such as Donna McLarty claim that she is "the only painless dentist" they know.

What? A painless dentist? Doesn't she stick needles in your gums, drill your cavities to smithereens, and if all else fails, pull out your nerves? Maybe even your teeth, like every other dentist?

Well, yes she does, her patients explain. But her manner throughout the whole procedure is so relaxing, so calming, that you hardly feel any pain at all. One resists saying "gimme a break," at least aloud. One

Paradise plum

& bullacake

and many scary

dental visits

made Christine

Ferrier choose

to develop a

relaxing at-

mosphere for

her patients

PHOTOGRAPH BY JOHN WILD



She first
thought of
becoming a
family doctor,
but then decid-
ed against it. "I
just didn't
think I could
stand my pa-
tients dying and
not be able to
do anything for
them."

PAINLESS DENTIST *continued from page 36*

Money is not, however, what motivated Ferrier to go into dentistry. She remembers being unaware (at the time she applied for admission into the program at the University of Toronto) that she would be making a lot of money in her chosen field. It was a neighbour who broke the news. He offered to pay all her university expenses if, on becoming a dentist, she would pay him a 10 per cent commission on her earnings.

Ferrier was raised in Kingston, Jamaica, in a family where education was always stressed. "My brother has a Ph.D., my sister is a nurse, another one is a teacher. I never thought of a woman as someone who just stayed home and looked after kids. I always thought I'd get a profession."

The youngest child of Charles and Cora Ellis showed evidence of enterprise early. "I was always trying to think of ways to make things better," she recalls. "One day I picked some mangoes and set them up on a table in front of the house, selling them for maybe a penny or ha'penny. My mother caught me and pulled me back into the house. But I sold about a dozen before she caught me."

Ferrier attended St. Andrew High School in Jamaica until, encouraged by her brother who was attending the University of Toronto, she moved to Canada in 1968. She did her grade 13 studies at Riverdale Collegiate in East Toronto, graduating with honours. After that, she intended to pursue a three-year degree and return to Jamaica to work.

She also got excellent grades while pursuing her bachelor of science degree at the University of Toronto and got bitten by the medicine bug. She first thought of becoming a family doctor, but then decided against it.

"I just didn't think I could stand my patients dying and not be able to do anything for them. I'd feel really helpless that I couldn't help them. But I liked sciences, and I liked doing things with my hands, and dentistry called for that combination."

Apart from the three-year bachelor of science degree, dentistry called for another four years of study to qualify as a doctor of dental surgery. The days were long—from 8:30 to 5:30 in school, followed by hours of reading assignments.

"There were a lot of nights spent in the library till midnight," Ferrier recalls.

To be a Black woman pursuing dentistry

in those days was to be a rare bird. Ferrier recalls that in the school of dentistry when she first entered, there were only four Black women—one from India and three from Jamaica. One of the three Jamaicans was Toronto dentist Myrna Wedderburn, who graduated before Ferrier.

Her minority status did not faze Ferrier at all, however. "I tried my best to fit in," she says. "I worked hard, and I had no problems academically, and that's where it really counted."

Ferrier graduated as a dentist in 1976, and was immediately invited by one of her professors to join her practice. For two years she worked as an associate dentist, and in 1978, opened her own dental practice.

Running your own practice is very much like running a business. One has to pay all the bills, hire and train staff and be in control of the operation of the office. She found that dental school had not prepared her for this part of her work.

She made some firm decisions about the kind of atmosphere she wanted to create in her practice. She and her staff each sat down and wrote out their statements about the ideal atmosphere. What emerged was a combination of all their ideals in one statement. That written statement hangs on a wall in the reception area of Ferrier's office.

"We want to tell people how important it is to look after their mouths. By doing that, they can prevent a lot of expensive work later. I like to teach people to do that. It's a real challenge to change a person's dental habits from a mouth that's dirty and unkempt to one that's healthy and clean."

But if Ferrier worries about the dental health priorities of her Canadian patients, she recently had a chance to see even poorer dental care in action. She took a month from her practice to go to work on the West Indian island of Antigua. "I wanted to have another horizon. I wanted to see what it was like working in another country," she says.

Within a week, she had decided that "what people here need is a whole change in their views. As soon as something hurts in their mouth, they want to pull it out."

"I feel so frustrated and so upset that people let their cavities get so big that they can't afford root canal work, and have to get their teeth extracted," Ferrier moans.

Back in Canada, Ferrier's practice is

continued on page 41

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TRAPS

continued from page 9

learn of the political and social workings of small grassroots, spiritual churches and about alternatives people choose to make their existence more meaningful. Of course these choices never have any significant importance in the society at large, having come largely by force and as a result of ignorance.

The story entitled "Criss Miss" shows how the after-effects of slavery persist. It illustrates how after so many decades since emancipation, the nuclear family takes on its own indigenous meaning in the Jamaican countryside. Miss Criss Miss, whose father rejected and ignored her, says:

"I don't know where this thing is coming from. Is mostly on the Black race. I feel is from slavery when they separated the mothers, the fathers and the children. They took the father and carry him to another plantation and then they carried the children somewhere else. I feel is coming from that."

This story shows the divide-and-rule principle as it still obtains in communities: Blacks despising those whose skins are darker than their own; the poor scorning those who are a little poorer than themselves; those on the middle of the ladder kicking down the proverbial bottom rungs.

Globally, the book makes the succinct point that although everywhere women are at the bottom of the economic heap, in the Third World there is a greater price to pay. The level of freedom and equality that women enjoy is commensurate everywhere with the general level of their country's development and, it seems, with what men allow them to have. Even those who unfortunately use their bodies and their cheap labour to gain some semblance of independence and escape their poverty, fail miserably. Hence

their continual dependence on men, often accompanied with physical and mental abuse and loss of self-respect.

In the story entitled "Ava's Diary" is a paean of the women's fighting spirit as nurtured by Sistren. The growing awareness of the women is summed up in the words:

"...I think we are doing the right thing to encourage women to discuss our troubles. If people know what dem a face dem can start look for a way out. Being with Sistren is beginning to release a lot of tension in me."

There is a 15-page section of Glossary and Notes at the end of the book. It contains "Jamaican words and non-standard usages as they appear in the text." This is a very useful addition because most of the stories are narrated in Jamaican patois. Black and white sketches at the beginning of each story enhance their local appeal. The dedication at the beginning of the book (To the daughters and mothers of all the Caribbean and the vision their struggles will set free) is most appropriate.

When I started with a comparison between *Silenced* and *Lionheart Gal*, it seemed that there were more options to act upon knowledge that were exposed in the former. As I worked through the review it became crystal clear that since women's problems are universal, then our actions and reactions must have some global effect in the long run, regardless of where they are initiated. From where we sit, the very least we could do is make sure we elect politicians with non-exploitative and positive policies toward Third World development. I say this because the more men suffer through regressive economic decisions, so much greater will the ensuing suffering of women be.

Jennifer Amoah is a school librarian in Mississauga.



FIBROIDS continued from page 19

pregnancies are trouble-free.

One should do nothing about the fibroids, unless strongly advised otherwise by the gynecologist. If they cause no problems—leave them alone. They shrink or stop growing at the menopause. The operation for the removal of fibroids can be associated with unforeseen complications that can result in the womb itself being removed. Most gynecologists would ascertain that the woman's child-bearing years are over and additionally would advise the patient of the possibility of having to remove the womb if complications arise during surgery. Most of them would

advise removal of the womb in a woman over 35 years.

If you have been advised to have your fibroids removed, consider the problems you are having and weigh your tolerance of living, till menopause, with the problems caused by the fibroid, and the problem of having the surgery. It is not usually an emergency operation so there is almost always time to think it over and possibly seek a second opinion. Do not be scared to tell the doctor that you would rather not have the surgery; that you would like to think it over or that you will decide at a later date.

PAINLESS DENTIST continued from page 38

thriving. She has 1300 active patients and about 600 who are inactive, (that is patients who haven't been to see her in at least three years.) Her offices include two operatories (the rooms where she works on patients) and is equipped for a third. She had to put the third operatory on the back burner when her practice didn't experience the growth she had anticipated. The managers of the mall where she has her offices allowed a popular walk-in dental clinic to open up on the ground floor of the mall, and that has cut into Ferrier's growth. At present, she describes her practice as "average in size."

But even building up an average-sized practice is not the easiest thing. To get that far, Ferrier used to work six days a week. She felt that if she scrimped on time, she would scrimp on the quality of care she gave to her patients. And that kind of care is not in Christine Ferrier's book.

"If you try to work quickly, and not worry about making your patients feel happy, I don't think you'll perform as well," she says firmly. "I don't like to take shortcuts. I like to know my patients are well cared for. That way I can sleep at night and not worry."

If it all sounds like Christine Ferrier really has her act together, that's because she does. She is very much in control of her practice and her life. And she has the moral support of her mother Cora Ellis, who lives nearby, her daughter Julie Anne who shares her love of music and dancing, and her fiancé, Raymond Applewhaite.

Raymond notes that the same calm

friendliness that Ferrier displays at work is in evidence at home. "She really is one and the same," he says. "She's very peaceful and hard to start an argument with. And if you do start an argument, you end up feeling sorry about it." Nor does earning a lot of money influence Christine's treatment of the people she loves. In Raymond's opinion, "She is a complete woman. She's the ideal woman. She makes a man feel good. He has no option but to be nice to her."

There is just one area in which Christine Ferrier would like to do more these days. She wants to be a role model for Black people, in particular, Black children.

"I want people to see me and say, if she can do it, it can be done. I really feel for the girls especially. I want to encourage them to keep their math and science and think of a career for themselves, rather than aspiring to be only a wife."

Ferrier was recently asked to speak about being a dentist to kids at a metro school. She says she was only too happy to accept. In fact, though she warns that she's not "a great public speaker," she welcomes any requests to speak to Black children.

She believes that Black doctors and dentists should be glad to act as role models for young Blacks.

"We have an obligation to the community," she says. "We should try to motivate others to work hard and try to achieve. We can do it by going out and talking to Black kids and by donating to scholarship funds to help more kids become dentists."

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THE INTELLIGENT CHOICE

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WELL ROOTED continued from page 30

does into her academic image. Summer holidays, for example, are for having fun, not for being enrolled in classes that will take them out of their beds early in the morning, she says.

Barnor's affinity to the culture of her birth permeates all areas of her life. Strong family attachment has led to her limiting the hours of private practice, and she admits to having, at times, to do a "fine balancing act" in order to fulfill her commitment to her family.

Husband Kojo is "helpful and supportive", chipping in to help with household tasks—"sometimes." "It's not his bag," Barnor says. The society they are from is a male-dominated one, she explains. Most of the household duties are her responsibility, with some help from her mother, who is staying with her. Barnor laughs ruefully. Perhaps she should get a housekeeper, she says half-questioningly. Then she answers her own suggestion. No. She has tried having cleaning ladies before and it did not work. And she believes she, not a nanny, should raise her children.

Barnor's somewhat complicated routine involves getting the two older children off to school before nine—except for when she may get an emergency call when she is on call, or when one of the several meetings she has to attend at St. Joseph's or at Humber, is scheduled for the morning. She tries to limit this happening, however. If she is not on call, she "tries to organize things so that (she) can spend time with the baby"

She is on call at St. Joseph's one week every two months and at Humber one week in every three. "Those are the weeks you don't schedule a dinner party," she laughs. She can be called on any time a just-delivered baby has complications and

the mother does not have a pediatrician, or when one of her own patients develops complications. She also does her rounds in the mornings when she has young patients in the hospital.

However she tries, Dr. Barnor and her family are not exempt from the ups and downs of other two-career families. The need to spend every available minute with her family means being strict with her private practice patients that they arrive on time for appointments and that except for emergencies, they schedule visits within the given office hours.

Although the children have gotten used to mother rushing off to the hospital in the middle of a game when she is on call, they still grumble at times. Husband Kojo is fully aware of the necessity to cut short some of those private moments, but does groan occasionally: "Do you have to go?" And the thought has occasionally entered Barnor's mind: "Did he have to be born this time of the night?" Consummate professional that she is, however, Barnor puts her own concerns aside momentarily and, as her colleagues so admiringly remark: "She is always there when she is needed."

It is not always peaches and cream, Barnor admits. Pediatrics, she says, is one of the most draining fields of medicine. Aside from the physical demands of the job ("babies chose the worst times to be born,") she still finds it difficult to tell parents that something is gravely wrong with their child. But she knows that hers is a crucial role. And she understands the parental agony over a sick child. "I am happy doing what I do," she says simply.

Maureen Roach Brown is a freelance writer and regular contributor to Excellence.

HOROSCOPE

LIBRA

There is a danger of becoming self centered

As a great lover of peace and harmony, The Libra Woman is even-tempered, affectionate, and sympathetic. She possesses a high sense of justice, is fond of art, and needs companionship. Perfection in any human form attracts her, as do refined pleasures and amusements; but she is repulsed by coarseness, ugliness and strife. As a child of Venus she is conditioned to beauty and recognizes it in any form it may take. She needs to meet new people personally to understand the full impact of their personalities. If she lacks contacts with others, there is danger of becoming self-centered.

The Libran's nature demands an active social life because they need to meet many people to satisfy their inner longing for fellowship. Companionship, affection and love are integral parts of their nature. Unless they are allowed complete freedom in the home, they may marry early, perhaps for no other reason than to escape from a restrictive environment. Their standards are high and it may take a while to find the person who possesses the qualifications for a compatible mate.

Librans should seek a career that gives an opportunity to exercise their creativity. When they find a career which meets these specifications, they are on home ground. They are more likely to be happy in fields associated with gift shops, dress designing, accounting, home furnishing or interior decorating.

Libra's best marriage bets are Leo and Sagittarius. They are also attracted to Gemini and Aquarius. They should be careful with Cancer, Capricorn and definitely, Aries.

Aquarius

(Jan. 21 - Feb. 19)

Promote projects to improve your position on the 4th, 12th, and 16th; keep alert for accidents at work on the 23rd. Social matters may be disappointing on the 4th and 5th, but conditions improve on the 8th. Travelling may become hazardous on the 27th and 28th.

Pisces

(Feb. 20 - Mar. 20)

Romantic interests take the spotlight on the 4th, 12th and 16th. Wait until the 8th to take the lead in career matters. Your hobby may bring recognition on the 16th. Grasp opportunities for profit over the 25th and 26th; pass up costly purchases on the 27th.

Aries

(Mar. 21 - Apr. 19)

Promote projects that increase harmony in your family on the 4th. Launch important job undertakings on the 5th; developments on the 16th might bring fortunate changes. Problems may arise with partners after the 22nd. An eclipse may bring revisions on the 27th.

Taurus

(Apr. 20 - May. 20)

Make the most of a financial opportunity on the 4th; avoid extravagance. Social connections may be able to get the help you need on the 16th. Avoid overwork on the 18th. Launch important job plans on the 25th; but be on guard against accidents on the 27th.

Gemini

(May 21 - June 21)

Resist an extravagant desire on the 4th, but keep alert for financial gains on the 12th and 26th. Do all you can to improve your earnings on the 16th and 18th. Partners may be unreliable on the 23rd; wait until the 25th to pass for a decision in career matters.

Cancer

(June 22 - July 21)

Promote projects to improve your position on the 4th and 8th. Creative work may bring recognition on the 16th. Revise family budget on the 18th. Sidestep family conflicts on the 23rd. Be ready to make the most of fortunate developments on the 25th and 26th.

Leo

(July 23 - Aug. 22)

Get the opinion of an expert in hobby interests on the 4th. Promote projects in joint enterprise on the 16th and 18th. Romance becomes exciting on the 25th. Guard against accident hazards when travelling and take better care of your health on the 27th and 28th.

Virgo

(Aug. 23 - Sept. 22)

Make an effort to attract influential people in social life on the 4th, 12th and 16th. Revise family budgets on the 8th. Draft plans for new career projects on the 20th. Grasp opportunities on the 25th. Avoid financial commitments on the 27th and 28th.

Libra

(Sept. 23 - Oct. 23)

Capitalize on a fortunate career current to promote important projects with partners on the 4th and 5th. The 9th, 16th, 20th, and 30th are favourable for financial undertakings. Make the most of social life on the 18th. Avoid partnership changes on the 27th.

Scorpio

(Oct. 24 - Nov. 22)

Take advantage of financial opportunity on the 8th, but avoid signing important papers over the 4th and 5th. Promote important projects over the 9th, 16th and 20th. Keep tabs on your health on the 23rd and 24th. Launch some important financial plan on the 25th.

Sagittarius

(Nov. 23 - Dec. 21)

Concentrate your efforts on improving security on the 4th and 5th; keep alert for new developments on the 12th and 16th. The prospects for increased earnings brighten after the 18th. Promote career matters on the 25th. Romantic status might change on the 27th.

Capricorn

(Dec. 22 - Jan. 20)

Your partner might have a brilliant plan for improving a joint endeavor on the 4th. Wait until the 16th to make a change in financial matters. Forge ahead in career concerns on the 20th and 25th. Partnership and family problems may arise on the 27th and 28th.

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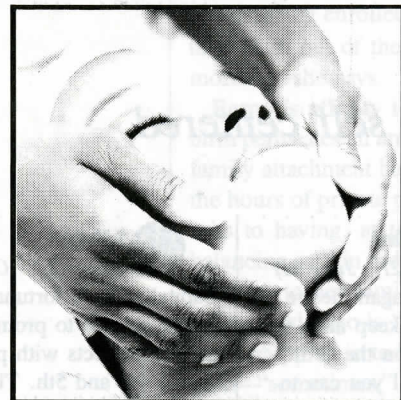
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WHAT WAS SAID

*Making a success of the job at hand is
the best step toward the kind you want.*

To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in, and scramble through as well as we can.

- Sydney Smith

But that is not the way to fight evil. Let its name be called. Let the fire of the sun do battle with its form until it lies dried out and colorless in the evening shade: no more than a dead beetle's wing to be carried off on the midnight wind.

- William Horwood

I refuse to be intimidated by reality. What's reality but a collective hunch.

- Lily Tomlin

There is a difference between needing and wanting and a difference between wanting and needing and loving, and both partners have a right to what they need, although not always to what they want.

It is not possible for one person to meet all of another's needs and marriage partners who expect this soon find each other wanting.

- Merle Shain

The world is as good as you are. You've got to learn to like yourself first. I'm a little screwed up, but I'm beautiful.

- Steve McQueen

If you can react the same way to winning and losing, that's a big accomplishment. That quality is important because it stays with you the rest of your life, and there's going to be a life after tennis that's a lot longer than your tennis life.

- Chris Evert Lloyd

Making a success of the job at hand is the best step toward the kind you want.

- Bernard M. Baruch

If you have a talent, use it in every which way possible. Don't hoard it. Don't dole it out like a miser. Spend it lavishly like a millionaire intent on going broke.

- Brendan Francis

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well. There is nothing more potent than thought. Deed follows word and word follows thought. The word is the result of a mighty thought, and where the thought is mighty and pure the result is always mighty and pure.

- Mohandas K. Gandhi

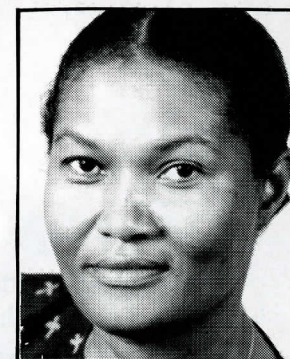
Be true in action; never pretend to be other than you are, for all pretence is a hindrance to the pure light of truth, which should shine through you as sunlight shines through clear glass.

- Alycone

FINANCE

INCORPORATION

Deciding when to make that move



By Sheila Simpson

Generally, this column deals with personal finance matters, but recently I have been approached so frequently with the question of whether or not a business should be incorporated, I thought it fitting to use this month's column to examine this issue.

The scenario is generally the same. The decision has been made to "become one's own boss." The question is...what is the most appropriate legal form for the operation. The answer depends on the particular circumstances.

Your lawyer will tell you and correctly so, that if you incorporate, your personal assets will not be seized in the event your business fails. Your banker may tell you that it will be easier for you to obtain funding if your business is incorporated. And in most cases, she is also correct. So I can understand your amazement when your accountant comes along and announces that your business should not be incorporated. Of course, if you have done your research and developed your "Business Plan" this particular question will be dealt with prior to the actual start-up of your operation. So you will be able to make the right decision early in the game.

Incorporation has its merits, but it may not be the best legal form for your particular situation. In making the decision as to whether or not your business should be incorporated, you need to consider among other things the anticipated earnings of the business.

Generally, a new business will incur losses in its early years because it has low revenues while it establishes itself, and huge start-up costs; such as furniture and fixtures, equipment, advertising and supplies. If your business is incorporated, the losses it generates in its early years are not your losses and may not be applied to your income from other sources. If your business is not incorporated then any losses created in the early years may be used to reduce the taxes otherwise payable on your income from other sources. Furthermore, losses of a current year may be carried back to reduce your income from other sources for three years back. So that even if you have gone into business for yourself on a fulltime basis, and have no other source of income you may still benefit immediately by refiling prior years' returns. Also, in those situations where you have no other source

of income or relatively small amounts of income, your spouse may be able to claim you as a dependant.

To illustrate, let's assume you started up a business and in year one you incurred a \$30,000 loss. You have income from other sources and you will pay tax at the rate of 40 per cent on that other income. If your business is incorporated, the \$30,000 loss will accumulate in your business to reduce any profits earned over the next five years.. But if your business was not incorporated, then you could deduct the \$30,000 loss against your other income in year one and receive an immediate tax refund of \$12,000 (\$30,000 x 40%) which you may invest right back into your new business.

Using the above example, and assuming you went into the business fulltime and have no other income in year one, you may still get an immediate refund of \$12,000. To get this refund you would go back and amend your income tax returns for three years back starting with the immediately prior year, and apply the loss to your taxable income of those years until you have utilized the \$30,000 loss.

As such, if you anticipate losses in the early years of your business, you should defer incorporation until your business is profitable. Once the business is profitable, you may then incorporate to take advantage of the tax deferral and tax savings opportunities which incorporation offers. Of course, in making the decision as to whether or not to incorporate, you need to consider the level of risks of your particular type of business and weigh them against any immediate tax benefits.

Choosing Your Year-end

The determination of a company's year-end is important. In the first year of operation you may choose any year-end as long as the fiscal period does not exceed 53 weeks in the case of a corporation and 12 months if your operation is not incorporated. The proper structuring of the company's year-end may result in a deferral of income tax on the company's profit.

Sheila J. Simpson, C.A., is in private practice. She is a member of the Institute of Chartered Accountants of Ontario and the Canadian Tax Foundation.

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